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# FOR ME, FOR YOU

## *Manifesto*

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I deserve to be healthy, happy and whole.

I deserve to wake up in the morning feeling excited about the day ahead.

I deserve to live up to my potential.

I deserve to be confident—in my choices, in my actions, and in myself.

I deserve to love how I look, and to love how I feel.

I deserve to live a fulfilling life full of happiness, peacefulness and love.

I deserve to know how to take care of my own body, and how to create a lifestyle that promotes self-care.

You deserve to see me be healthy, happy and whole.

You deserve a ray of sunshine to light up your darkest days; I can be that light.

You deserve to get the best parts of me, not the leftovers after everyone else has taken a piece.

You deserve to have a role model to believe in, and a rock to lean on; I can be that rock.

You deserve a “me” that has enough energy to get up and keep going.

You deserve to know that I am taking care of myself, and in turn, I can take better care of you.

You deserve for me to be all in.

I can do this. I will do this. I am doing this.

For me, for you.

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